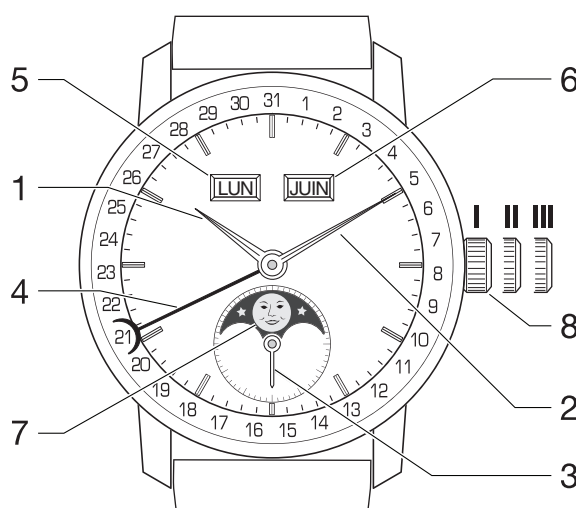


«Moon phases» Watches

User's Manual



Display and functions

- ❶ Hour hand
- ❷ Minute hand
- ❸ Small seconds hand
- ❹ Date indicator
- ❺ Day of week indicator
- ❻ Month indicator
- ❼ Moon phase indicator

Crown with 3 positions (8):

- I Neutral position (not pulled out)
- II Position for adjusting date, month and moon phase (unscrewed*, half pulled out)
- III Position for setting time and day of the week (unscrewed*, completely pulled out).

Models with a screwed crown



- IA** Initial position (screwed down, not pulled out)
- IB** Winding position (unscrewed, not pulled out)

Congratulations

We would like to congratulate you on having chosen a watch from TISSOT®, one of the most highly renowned Swiss brands in the world. With its distinctive and nostalgic character and constructed with meticulous care from the finest materials and components, your watch is protected against shock loads, variations in temperature, water and dust.

Your watch is equipped with an ultra-flat quartz movement delivering extremely high standards of precision and operation and the dial displays hours, minutes, seconds and date (with day and month), with a moon phase display programmed for the next 10 years into the future.

After initial setting, all you need to do is to make adjustments to the settings whenever the battery needs changing. Initial setting of your wristwatch is performed in accordance with the moon phase calendar provided at the end of this User Guide.

To ensure that your watch operates with perfect precision for many years to come, we advise you to pay very careful attention to the advice provided hereafter.

Usage / Settings

Models with a screwed crown

To ensure that they remain water-resistant, some models are fitted with a screwed crown. Before proceeding to setting the time or the time-zone dial, you must first unscrew the crown into position **IB** before pulling it out into position **II** or **III**.

Important: After each operation, you must always screw the crown back down to ensure that your watch remains water-resistant.

Setting the time

Pull the crown out into position **III**; the seconds hand (**3**) stops at this point. Turn the crown forwards or backwards until the hands display the correct time. Once the hour hand passes the 12 o'clock position, you can see if it indicates midnight (the date changes at this point) or midday (the date does not change).

Advice on how to synchronise your watch

To synchronise the second hand (**3**) with an official time signal (radio/TV/Internet), pull the crown out into position **III** when the second hand is at 12 o'clock. This then stops. Guide the hands into the correct time setting. At the tone, press the crown back into position **I** (and tighten it down if you have a model with a screwed crown).

Setting the day of the week

Pull the crown into position **III** and move backwards and forwards between 23:00 hrs and 01:00 hrs (11 p.m. and 1 a.m.).

Note: Due to the fact that this operation alters the date, this then has to be corrected by pulling the crown out into position **II and turning it.**

Setting the date and the month

Pull the crown out into position **II** and turn it forwards until the correct date (**4**) is displayed. During this operation, your watch will continue to function normally, so you will not need to alter the time.

When the date changes from the 31st to the 1st, the month indicator advances by one month. Since the display for phases of the moon was programmed in advance, all you have to do is alter the date on months with less than 31 days.

Setting the phases of the moon

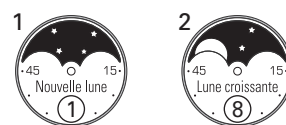
Pull the crown out into position **II** and turn it forwards until the correct phase of the moon (**7**) is displayed.

Note: For precise adjustment purposes, place the moon phase indicator on the full moon setting. At this point, each jump of the indicator advances the setting by one whole day.

The moon and its phases

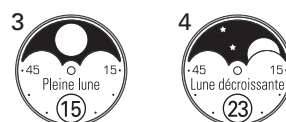
The phases of the moon cycle, from one new moon to the next one, lasts 29 days, 12 hours, 44 minutes and 2.8 seconds. The new moon corresponds to the first lunar day (**fig. 1**). The moon is invisible because its dark side is facing us.

On the 8th day (**fig. 2**), after completing one quarter turn, a crescent moon appears with the curve facing to the right, like the belly of a large «**D**». This shows that the moon is waxing at this point.



On the 15th day of the lunar cycle (**fig. 3**), at the mid-point of its revolution, we see a fully illuminated circle, indicating the full moon. The moon at this point is directly opposite the sun.

On the 23rd day of the lunar cycle (**fig. 4**), at the end of its third quarter and immediately prior to the last quarter of its cycle, the crescent appears curved towards the left like a large «**C**». This shows that the moon is waning at this point. A new lunar cycle now commences.



The moon changes continuously between these characteristic positions. The time which has elapsed between two new moons corresponds to approximately one month. This is known as a synodic cycle. The orbit of planet Earth around the sun describes what is known as an elliptical path, on a defined plane. Let's represent this plane extending to infinity up to the point where it intersects the sphere of fixed stars. Alongside this circle is a range of constellations, familiar to most of us as the constellations of the zodiac: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, Pisces. If it were possible to see stars during daylight hours, we would observe in the course of a calendar year that the Sun, when viewed from the Earth, passes in front of each of the twelve constellations of the zodiac from right to left, being in front of a different constellation at each point in time. The lunar orbit around the Earth shares almost exactly the same elliptical plane as the Earth describes around the Sun. It follows from this that the Moon's orbit also causes it to pass in front of this group of constellations.

Due to the regular and repetitive nature of this movement and its phases, the moon has always served as a means of counting the passage of time. Indeed, this is why the lunar calendar is still used for timekeeping purposes.

We are thus able to order our lives in terms of the lunar cycle. The rhythm of natural phenomena also has a profound influence on people, animals and plant-life.

The new quartz TISSOT® watch with lunar cycle function is therefore intended for hunters, mushroom collectors, fishermen, navigators etc., and for the enlightened amateur interested in following the trends of modern fashion.

Care and maintenance

We would advise you to clean your watch regularly (except for the leather strap) using a soft cloth and warm soapy water. After immersion in salty water, rinse it in fresh water and leave it to dry completely.

Do not leave it anywhere where it might be subjected to major variations in temperature or humidity, in direct sunlight or near strong magnetic fields.

To benefit from the highest standards of service and to ensure your guarantee remains in force, please always contact an approved TISSOT® representative or retailer.

TISSOT® Quartz watches benefit from the incomparable precision of quartz. Their power reserve usually enables them to operate for more than 2 years in continuous use. If you envisage not wearing your watch for several weeks or months, we would advise you to put it to one side with the crown pulled out into position **II**. This cuts the electrical power supply to the motor, thereby extending battery life considerably.

Replacing the battery

Once the battery has run flat, it must be replaced without delay by an approved TISSOT® representative or retailer.

Type: Renata 373 / Service life: about 3 years.